

## Landing in the Day Score



State of the Arts Almanac Session on Rest

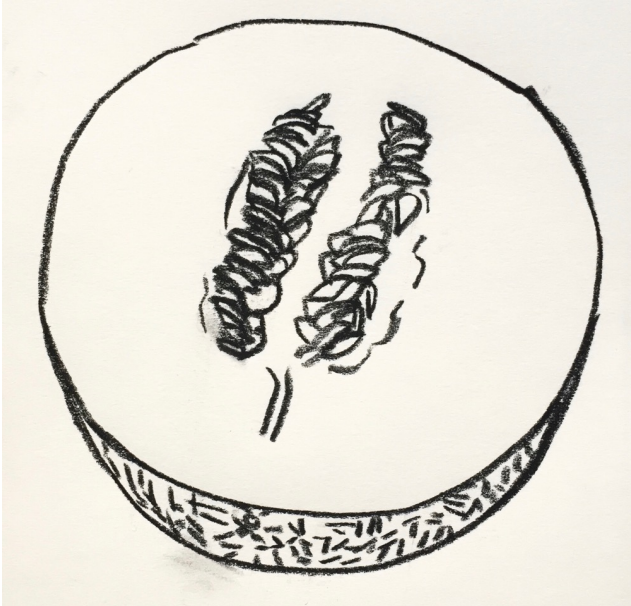
### Landing in the Day Score

by the SOTA REST - Team

Find a comfortable place to sit in your chosen resting space. Close your eyes, and repeat - if you feel like - the process of waking up in a very slow past. First just open your eye-lids to a very thin slice. Appreciate what ever light is falling onto your eyeballs. Feel like all other senses are following in the same way.

## landing in the day score

Open your eyelid a little bit more and become aware it's a day, that day today. Become aware you are sitting in that day. Appreciate it. Then focus on your sonic environment, open your ears fully. Listen to the outside, to the horizon.



Only then open your eyes fully.

Run your eyes over the outside lines of the present objects close and far, list the colours you see, savour the scents you smell, acknowledge the sounds you hear and the textures you feel. Move around and find another position to allow for another perspective and repeat.

If you feel you and your senses landed in your place, listen to your intuition to guide you in what needs to be changed to make this place become a more restful space. Sometimes moving the sofa around lets the energies flow differently in your space. Sometimes lighting candles and incense soothes your senses. Sometimes taking objects away or placing them differently reduces or redirects outside stimuli. Sometimes it is as simple as changing clothes. Sometimes nothing needs to be changed and you just acknowledge that everything is good and restful as it is.